Recording the food you eat and the amount of physical activity each day can help you to improve your eating habits and activity levels. Use this journal to keep track of your progress toward a healthier YOU!



- Set realistic goals.
- Enjoy 3-A-Day of Dairy! Clinical studies show that 3 servings of milk, cheese and yogurt each day—as part of a reduced-caloric weight loss plan—can help people lose more weight by burning more fat than just by cutting calories alone.
- Make small changes rather than trying to do everything at once.
- Balance what you eat with your activity level.
- Choose "Super Foods" whole grains, fruits, vegetables, lean meats and lowfat dairy foods.
- Be active in your daily routine. Use the stairs when possible, park a little further away, or take a 10 minute walk during lunch.
- Increase your physical activity slowly and consistently-Aim for at least 30 minutes of daily activity.
- Maintain a positive attitude.
- Discard the "All or Nothing" approach to eating. Choose smaller portions.



FOOD and *** CAS Journal



Cheese and Crackers: Layer lowfat American cheese and smoked turkey onto crackers.

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Rise and Shine: Get a mid-morning boost with a cold glass of fat free milk and sliced peaches.

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Cheddar Crunch: Mix I cup of Cheddar cheese shreds with popcorn and pretzels.

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Morning Mocha: Mix a cup of reduced-fat milk with a teaspoon of instant coffee and sweetened cocoa.

Mocha Mudslide: Stir chocolate syrup into a cup of coffee-flavored yogurt and freeze.

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Simple Shortcake: Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat.

Vanilla Berry Bowl: Enjoy lowfat vanilla milk with a bowl of fresh berries.

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Chicken Melt: Melt a slice of reduced-fat Colby Jack cheese over canned chicken on an English muffin.

Banana Split Blenders: Blend lowfat strawberry milk with banana slices and ice.

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Veggie Wraps: Wrap Colby Jack cheese around spears of asparagus.

Tropical Smoothie: Blend fresh orange slices with strawberry yogurt and ice.

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Mango Mixer. Enjoy a tropical treat by blending mango, plain lowfat yogurt and a splash of pineapple juice.

String by String: Pack lowfat string cheese into your bag for a post-workout energizer.

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Flavor on-the-Fly: Fat free flavored milks are perfect anywhere you go-just take, shake and sip!

Seafood Spread: Mix canned salmon or crab with Ricotta or Mozzarella cheese and eat on pita wedges.

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Choco-Raspberry Chug: Blend a cup of fat free milk with frozen raspberries and sweetened cocoa.

Yogurt Pops: Freeze squeezable yogurt for a quick and creamy popsicle.

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Parfait Pleaser: Layer granola and fresh fruit with your favorite lowfat yogurt.

Graham Dunk: Dip a few graham crackers into a cold glass of lowfat milk.

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Lettuce Wraps: Wrap a slice of Swiss cheese, turkey, and Dijon mustard in lettuce leaves.

Strawberry - sicles: Mix lowfat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

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Cherry Tomato Crunchers: Top wheat crackers with reduced-fat Mozzarella cheese and cherry tomatoes.

Berry Blast: Mix blueberry yogurt with fresh blueberries or raspberries.

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Yo-on-the-Go: Enjoy your favorite flavor of drinkable yogurt at the office or on the go.

Cheese Ka-bob: Alternate small slices of apples and reduced fat Cheddar cheese on skewers.

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A Sip of Spice: Warm a cup of milk and mix with Chai tea to warm up the afternoon.

Lesty Tostada: Top a tostada with fat free refried beans and reduced-fat shredded Pepper Jack cheese.

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Sweet Milk Steamer: Microwave a cup of lowfat milk and honey.

Honey Fruit Dip: Mix fat free yogurt with a dollop of honey for a sweet fruit dip.

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Go Nuts: Top lowfat vanilla yogurt with a few crushed pecans and cinnamon.

Fruity Splash: Blend your strawberry milk with fresh bananas and ice.

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Salsa Roll-Up: Roll Monterey Jack cheese into a whole-wheat tortilla and dip in salsa.